



WANKAN SHOTOKAN
KARATE INTERNATIONAL

GRADING SYLLABUS

7th KYU Green Belt to 6th KYU Blue Belt

KIHON

1. Soto Uke Kiba Dachi Empi Uchi Zenkutsu Dachi Gyaku Zuki
2. Yoko Geri Uchi Uke Gyaku Zuki
3. Mae Geri (SL) Mawashi Geri Gyaku Zuki

The above basics is done as a combination of three steps forward

KATA

1. HEIAN SAN-DAN (Peaceful Mind) – Level-3

Heian means “Peaceful Mind”. It takes its name from a Place and a Temple in China. 20 movements, Kiai on movements 10 and 20

2. EN-KOU SAN-DAN (Bright Flame) Level-3

Bright: showing an ability to think, learn or respond quickly. Flame: glowing body, to have or develop a fiery glow, especially suddenly. movements, kiai on 6, 12 & 30.

Note: (All the above plus junior Kihon, Kata and Kumite)

KUMITE

1. Kihon Kumite
2. Ippon Kumite
3. Jiyu Ippon Kumite
4. Jiju Kumite



Excellent	E - above 90
Very Good	V - 80 to 90
Good	G - 70 to 80
Pass	P - 60 marks